Helen Fleischer
Silver Spring, MD

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September 12, 2003

Pyramid Reassessment,
USDA Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

Dear Persons,

As an interested consumer and amateur artist, I would like to suggest one simple, basic, change to the pyramid concept: turn it upside-down! While the idea of making the foundation layer consist of the things you want people to eat the most is a sound one, our society is too well conditioned to seeing the top of any pile as being the best and most desirable stuff. Having pretty sweets and fatty treats at the peak only reinforces the idea that those are coveted rewards to reach for, no matter how small a triangle you make of them. To truly minimize their perceived value, put the tiny end at the bottom, and while you're at it, curve the top to change the whole thing to a valentine heart; a not-so-subtle reminder of what's at stake. Not to mention the central importance of good nutrition as the heart of healthy living. I have enclosed a preliminary sketch based on this concept that includes a character body with exercise goals on the limbs that I created a few months ago. I hope it might be of interest to those working on the process of revising the pyramid.

Sincerely,

Helen "Halla" Fleischer

Helen "Halla" Fleischer,
Fantasy & Fiber Artist

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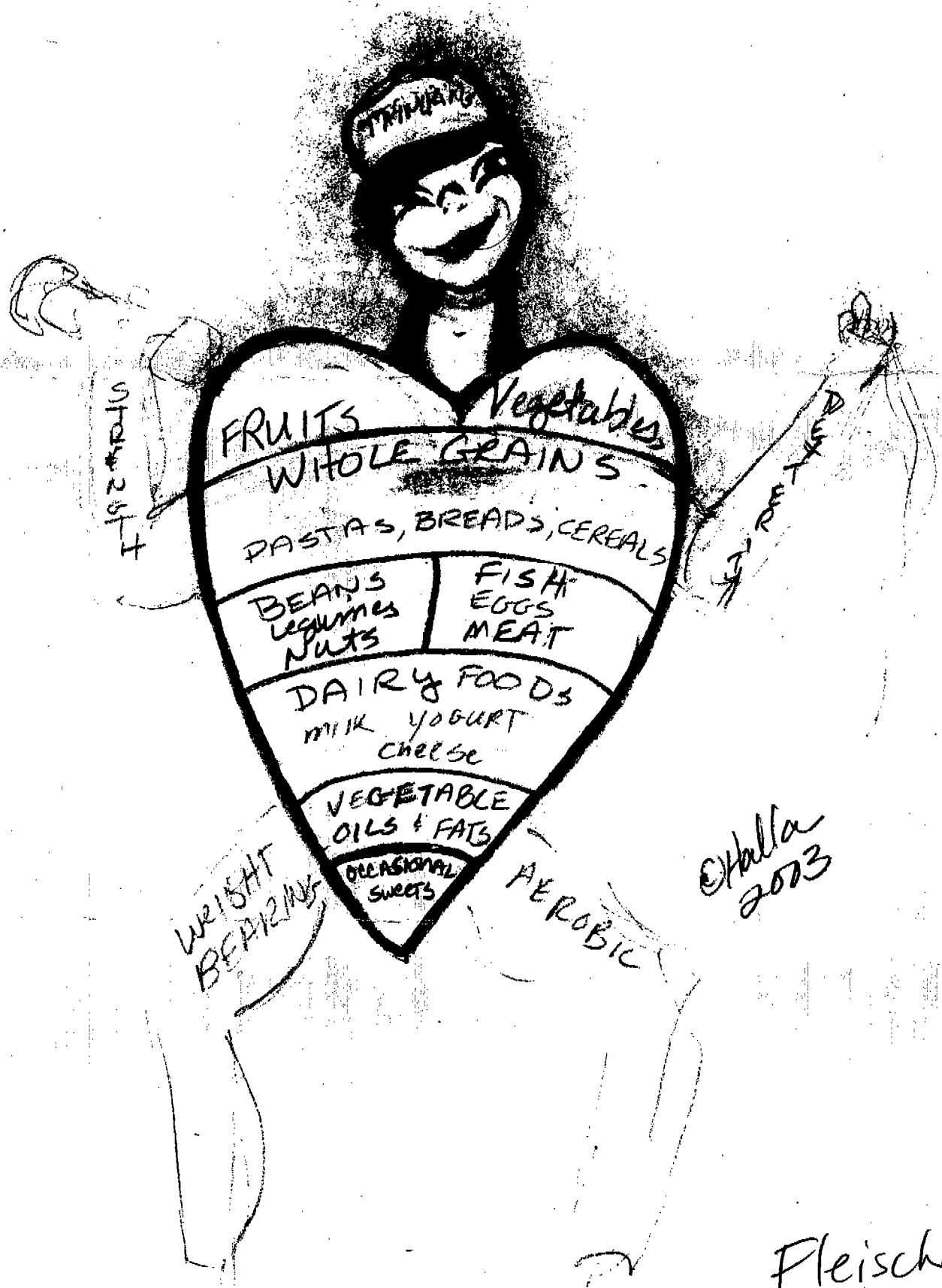

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To: Food Guide Pyramid Reassessment Team,
USDA Center for Nutrition Policy and Promotion,
3101 Park Center Drive, Room 1034
Alexandria, VA 22302.

Sydney Foster
[redacted]
New York, NY,

To Whom It May Concern:

I am a nutritionist, and I am writing to give my input into the revisions of the Food Guide Pyramid. I have long since thought that one of the biggest changes should be to add water intake onto the very base of the pyramid, or have it alongside the pyramid in some way. I also think that adding the idea of fitness or physical activity would be ideal (I have seen pyramids where I stick figure walks down the side of the pyramid to symbolize this point).

Good Luck, Sincerely,

Sydney Foster, MS

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